

WEIGHT TRAINING

with Steve Smith

This popular program is back after a hiatus and is more in demand than ever! Our instructor, affectionately known as Smitty, will help you reach your personal fitness goals to develop and strengthen your body. This course will pay special attention to the following muscle groups: chest, shoulders, triceps, biceps, thighs, calves, abdominals, and the lower back.

**JULY 8 – AUGUST 28
MONDAYS & WEDNESDAYS**

COST:

RESIDENTS: \$65/person

NON-RESIDENTS: \$75/person

TIME: 7:00 - 8:30 p.m.

LOCATION: Southold High School
Weight Room